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## The Iowa Homemaker vol.6, no.1

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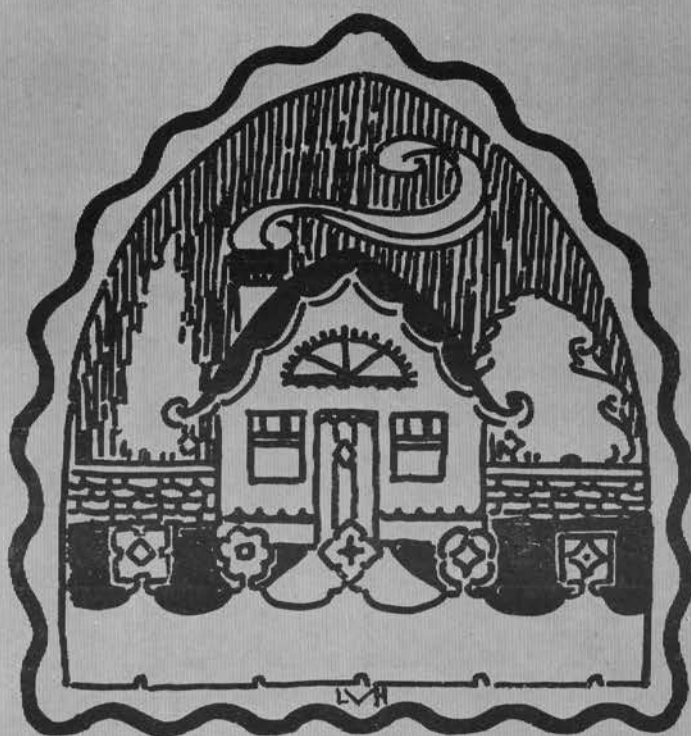
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# THE IOWA HOMEMAKER



IOWA STATE COLLEGE

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# THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

VOLUME 6

MAY, 1926

NUMBER 1

## Personality in Children's Clothing

If you were a three-year-old and received such an invitation in an envelope of marbelized paper all tied up in bright yarn and wooden beads, wouldn't you be ready to go with your mother to the children's color and texture reading given by the girls in the class of Children's Clothing?

Lovely elephants and charming giraffes gamboling across a piece of textile intrigued the fancy of the small guests and kept their gaze wandering from their reflections in the long mirrors. And yet as a whole it was remarkable to see the interest the children took in the colors and textiles tried on them.

The laboratory had been especially arranged to suit the children. Low stools were placed in front of full length mirrors banked on either side by screens covered with interesting textiles. One of the most fascinating of these textiles was one that used pictures drawn by a school boy. This was the little red school house with smoke swirling from a chimney slightly askew, there was the steamboat steaming down an imaginary river, and grotesque dogs and cats following funny little fat people with straight queer legs and spindly arms. They were just the kind of things that you yourself drew when you were in the first grade.

While the mothers of the children sat on chairs a little withdrawn from the stool on which the child sat, girls in the class tried on color after color and fabric after fabric, asking the opinion of the mother from time to time and pointing out why a certain color was good for Betty and why a certain color wasn't

so good. Usually the children themselves would say which colors they liked best.

Their reactions to the colors and textures were various and interesting to watch. Little two-year-old Mary Jane cried every time even the palest color was brought near her. Her color read-

Jane is so opposed to colored fabrics, she will have to introduce color by the judicious use of stitchery.

Another child, Rose Marie was just as emphatic as Mary Jane as to what colors and textures she should wear. She told the girls to begin with, just what colors

she would wear, and experiment proved that she was right. Rose Marie is the type of child one hardly ever sees today—cute little pig-tails tied behind each ear, big brown eyes and the questioning look of a dreamer. We can imagine her as a delicate child of colonial days with ruffled pantalettes or as a Roumanian peasant child in a lavishly embroidered smock. The very name Rose Marie is fascinating, is it not? Rose Marie loves blue, green and soft wood shades. She is an elf-like personage too, you see. She has a delicate color sense and will always know the right thing to wear.

On chubby fair-haired Virginia we put soft pastel colors that enhance her blondness delightfully and when we tried the same color on red-haired saucy Carolyn the mothers began to realize how important colors really are to the becomingness of their children's clothing. Each child who came for a color texture reading took home another envelope tied with bright yarn and gaily dangling wooden beads, in which there was three packets of material. One was marked "excellent,"

one "good" and one "fair." They were chosen with close regard for becomingness both in color and texture. Some brought out the eyes, others the hair, but all were becoming.

(Continued on page 16)



ing as far as she was concerned was limited to one color—white. The mother of Mary Jane is up against quite a problem. She naturally wants to dress her in colors now that she is getting old enough to wear them but since Mary



# We Borrow From Our Predecessors

By GLADYS BRANSON

"Do you like my new blouse Rosa?" "Indeed I do, it is so individual looking. That painted band around the bottom resembles an ancient Roman design yet it has that unmistakable touch of modern chicness which makes it very attractive."

"You've guessed it already. Perhaps you remember my college chum who is now a designer in the East? She designed and had this made from a picture of an old costume and I'm going to wear it with my new spring suit."

"She says that the newest styles are adapted from the oldest ones and keeps her desk just piled with pictures of ancient Roman, Egyptian, European and American costumes. Our costumes now are in general construction quite the same as they have been since the time of the pyramids; the accessories and modifications of a few or several parts make up our mode in 'latest vogue.'"

The chic boyish suits, new flare skirts, flaming colored scarfs floating in the spring breezes, capes and decorative smocking are being displayed as new or the very latest in spring modes but how new really are these? One can scarcely believe our grandmother's garments at all similar to these. Yet, get out the family album and find a resemblance to some modern feature.

The scarf, an added necessity to every American or girl's wardrobe was a luxury to our grandmother in the earlier part of the nineteenth century. In every wardrobe this spring is at least one frock trimmed with smocking. This has been an effective, useful decoration to the American for many years with bursts of popularity from time to time but who would guess that it is a modification of early peasant methods of fitting and em-

broidery. Peasant embroidery in itself is one of the lovely types of trimming used now. It is very charming and effective yet before civilization people used almost the same kind of trimming in the grotesque symbols and figures we still like.

The woman of today probably never suspects the origin of the tiny folding comb she carries in her hand bag or coat pocket. Exact reproductions of these are shown from the true barbarian days in Denmark; more crude in workmanship of course since they were cut from bone but in size and style the variations are negligible.

The Grecian people made a lasting contribution to the modern wardrobe in the form of the low sandal and one strap shoe. The spike heels and unique colors are true modern adaptations but the comfortable low shoe so popular with the Greeks seems to retain its popularity even now with little competition. As early as the tenth century sturdy, leather shoes with heavy soles even a few which in pictures resemble our spiked soles for special sport wear are clearly the forerunners of the present sport oxford. The resemblance was even more heightened by the combination then of the two kinds of colored leather similar to the present snake skin or alligator shoes.

Hand painting and applique make lovely forms of decoration on the modern dress but again we must give the honor of originating the idea to the ancient Grecian people. They were especially fond of clever geometric figures, figures and animal designs.

The straight line boyish suits for this spring are so attractive and convenient that one thinks they are surely a true modern creation, however fashion plates from the time of Napoleon reveal the same tendencies in women's suits. And capes! Man's first kind of outer garment was milady's cape, the newest spring wrap.

The evening dress of approved style at present has a tight fitting bodice with a very full wide or flare skirt which is unmistakably a rejuvenation of the popular frock during the earlier part of the eighteenth century both in America and Europe. Now, as then emphasis was on the front of the skirt with either many tiny ruffles or a parted front with set in decorative material quite as fashion decrees today. With the absence of the old hoops and the use of our sheer materials in place of crisp taffeta our skirts are much less bouffant but quite as attractive and much more comfortable. Loose full sleeves in the smartest new frocks are really just as smart as for your grandmother a few years ago.

Kick-in plaits are only a modern adaptation of the gathered skirt of the Gallic period in which the straight line dresses or blouses and short skirts were worn. Many smocks and blouses suggest the oriental mandarin blouse.

One of the most interesting modern adaptations is the small, close fitting hat so popular now. During the latter part of the seventeenth and the earlier part of the eighteenth century in France ex-



Modern Adaptation

actly the same kind of hats were worn yet we call our styles modern.

Look at the dresses you see in the shops and on the street. Nearly every one you will find is an adaptation of some costume in vogue many centuries ago. By studying some old book we may find the exact design we have been looking for for our new sport frock. You can work out adaptations that will be very becoming and successful.

Lenore Dunigan, H. Ec. '16, is editor of the Farmer's Wife Magazine. Her address is Webb Publishing Co., St. Paul, Minn.

Margaret Hickman Jeffery, H. Ec. '16, whose husband is Dr. R. L. Jeffery, is the mother of two small daughters. Her home is at 1416 Queen Anne Ave., Seattle, Wash.

Vivian Fraser, H. Ec. '25, has recently accepted a position with the Home Service Department of the Wells Richman Co. of Burlington, Vermont. Her address is Box 105, Burlington, Vermont.

Miss Beth Johnson, who has been a supervisor of the main kitchen of Michael Reese Hospital, Chicago, has resigned to accept a position in the children's hospital at Iowa City.



15th Century Costume

# Care Gives Wear

By HELEN DAHL

Following is a table giving directions for removing different stains:

Stain	Reagent	Method
Acid	Ammonia	Sponge with water containing a little ammonia. Sometimes fumes from the bottle are sufficient.
Blood	Warm water Warm water and ammonia Warm water and naphtha soap Warm water and raw starch	Wash in warm water until stain disappears. Ammonia assist in dissolving blood. If heavy or new goods, make a paste of raw starch and warm water. Spread on stain; as fast as starch is discolored, make another application.
Chocolate	Borax and cold water	Cover with borax, wash with cold water. Boiling will remove trace of stain.
Coffee	Boiling water	Spread stain over a bowl, pour boiling water on it from a height so as to strike the stain with force.
Cream	Cold water Warm water and soap	Wash in cold water, then in warm and soap.
Medicine Mildew	Alcohol Cold water  Potassium permanganate and oxalic acid (cotton and linen)	Soak in alcohol If mildew is very fresh and has not attacked the fiber, it will wash out in cold water. Apply potassium permanganate, then wash with warm water, use oxalic acid, then brush. Any brown from the permanganate will be removed by the oxalic acid.
Milk	Cold water	Wash in cold water, then follow with soap.
Paint	Soap and water  Gasoline, turpentine, benzine	If paint is fresh, use soap and water at once, if material is washable. Wash the spot in any one of these remembering that they are inflammable. Old stains may be softened first with lard, oil or kerosene.
Paraffin	Warm iron and white blotting paper	Place blotting paper under and over stain. Apply a warm iron and change blotting paper after each application of heat.
Perspiration	Soap and water (white goods)	Wash in warm water and soap. Place in sun to dry. (Odor in non-washable material may be removed with chloroform).
Tar	Lard, warm water and soap	Rub in lard, then wash with warm water and soap.
Varnish	Alcohol or turpentine	Wet stain with either alcohol or turpentine; allow to stand a few minutes, then wet again and sponge off with clean cloth. Continue until stain is removed.
Wagon grease Water	Lard or olive oil Water Steam	Rub either lard or oil on stain, then wash. Sponge entire garment with water. Steam by shaking garment in a jet of steam until thoroughly moist. Continue shaking garment until dry.
Fruit	Boiling water Borax Javelle (for white cotton and linens) Borax and ammonia (for woollens, silk and colors)	Use same as for coffee stains. Borax will assist in removing stubborn stain. Use Javelle solution and boiling water in equal quantities and immerse stained portion, allow to soak for a few minutes, then rinse thoroughly in boiling water. This is best for peach stains if alcohol fails. Use instead of Javelle.
Grass	Cold water without soap Alcohol, ether	Wash a fresh stain in cold water. Alcohol or ether will dissolve the green coloring when material cannot be washed.
Grease (oil)	Javelle (for white cotton and linens)  Ether, alcohol, benzine, for delicate fabrics Fuller's earth, chalk	Wash in warm water and soap. Remove traces of grease stains by bleaching with Javelle. Apply with cloth, preferably the same material, rubbing the stain lightly until all the reagent has evaporated. Apply the powder to the stain and let stand several hours, brush off lightly.
Ink	Salt and lemon juice Salts of lemon  Oxalic acid or hydrochloric acid and Javelle Ink eradicators	Moisten with salt and lemon juice. Lay in sun. Apply as a powder. Then pour on boiling water. Apply a few drops of oxalic acid, follow with a few drops of Javelle and rinse quickly, with boiling water. Use as directed on the box.
Iodine	Warm water and soap  Ammonia  Alcohol Starch	Wash while fresh in warm water and soap. Apply to stain, wash and repeat until removed. Wash with alcohol. Apply moistened starch, brush off when dry and repeat until stain is removed.
Iron Rust	Lemon juice and salt  Cream of tartar	Sprinkle stain with salt and moisten with lemon juice; lay in the sun. Apply to spot, wash in hot water. Rinse thoroly.

CLOTHES—the topic of conversation in the tea room, in the hotel lobby, in the salon, in the office and in every home—is a good subject when talk lags. But we only talk of the newest styles, the new clothes of our neighbors and seldom talk of how well some people keep their clothes looking.

Very likely, we don't know how to care for our clothes properly. If more of us only realized the vital importance of the care of our clothing, certainly there would be better looking clothes worn. Not only does it improve the appearance, but it gives longer wear, thus lowering the clothing bill.

When we were children and our mothers taught us to hang up our clothes the moment we took them off, we thought her motive was to keep the room looking tidy. But she had a better reason than that. She knew that when we threw our dresses across the back of a chair or hung our coats on a nail that they would become all wrinkled and out of shape. With practice, we learned the lesson. But even yet we cannot stress too strongly the statement, "Hang up your clothes."

Skirts should be hung from the waist band. Trouser hangers of various styles are good for this. Loosely woven sweaters, skirts with very bias seams and garments of sleazy material which are apt to stretch, are better kept in a box or drawer.

It is well to have a protective covering for garments seldom used, and for other garments as well, if one lives where there is much dust or coal smoke. Old garments, old sheets or heavy, unbleached muslin serve the purpose in making covers. A simple one can be made of yard wide material twice the length of the garments, plus one-half yard for finishing. This may be made into a plain bag with one inch hems at the bottom, buttoned together, and a small round hole in the bottom of the bag through which to slip the hook of the hanger. The shoulders may be rounded off to give a better appearance.

The clothes closet comes into consideration when we want to care for our clothes properly. A homemaker once said, "The clothes closet in a girl's room exposes the innermost depths of her character. The genuine girl knows that no doors can hide slovenliness."

There is a limit as to what should be kept in a clothes closet. Too often it is a dumping place for everything. It is meant for dresses, coats, shoes, hats and night dresses. Dresser drawers should accommodate those things which are not made to hang up.

Attractiveness and orderliness are essential in a closet. The floor should be absolutely clear of shoes and other articles to be walked on. A low shelf in the closet is convenient to keep shoes off the floor. Shelves should be provided for hat boxes. Orderliness also includes the way in which clothes are hung. A rod across the closet is almost a necessity for the hangers.

Ventilation, light and cleanliness cannot be overemphasized in the clothes closet plan. The use of a little common sense (Continued on page 15)



## Individuality in Dress

HOW often have we heard people say, "She has marvellous clothes; they're so individual." And how often do we sigh and say, "Oh, yes, but she has a special knack for doing the original thing."

Perhaps if we were to look more deeply into the situation, we should discover that after all it doesn't require so much talent to have one's clothes reflect that little touch which gives them an individual stamp, and sets them quite apart from others of their kind. A little care and thought are the main requisites for acquiring this much-desired individuality in dress. The secret is this. Choose some one thing of beauty which especially appeals to you, pick out its essential bits of decoration, and adapt these in a suitable fashion to the frock—if it be a frock—to which you desire to impart that elusive touch of original charm. Perhaps this may be best shown by an illustration.

The attractiveness of this heavy, oyster white linen dress depends wholly upon the effectiveness of the simple red, blue and black wool embroidery which was copied in chain-stitch from a Greek apron worked in cross-stitch of similar color.

This attractive little Greek apron originally came from Megara, Athens. Embroidered in heavy wool on coarse canvas, it was doubtless intended for service as well as beauty. The main color

theme is one of black and cream, black wool yarn on a background of natural colored canvas. Here and there in the



stitchery are spots of brilliant red, flaming orange, and bright blue to keep the background color from growing monotonous. The stitchery is just a very simple cross stitch, but its simplicity is more than counteracted by the intricate loveliness of the design itself. The apron ties are perhaps its oddest feature. They consist of wool yarn twisted with gold tinsel and are more ornamental than serviceable. And now we shall see the important role which this little Greek apron played in the making of a modern American dress.

The dress before being embroidered was an exceedingly commonplace and characterless affair. In order to relieve its plainness, an attempt was made to work up some sort of a suitable design which could be applied as wool embroidery. But with nothing for inspiration, the result was a mass of meaningless jumbles of stitchery, which was in no way appropriate. The Greek apron was brought to the rescue, its essential and most suitable pattern chosen, and quite readily and effectively transferred to the dress in the form which you now see. Immediately the dress was transformed from one of plain severity to one of individuality and quaint smartness.

This is a single example of how one may adapt the beauty of a lovely bit of old embroidery such as this charming Greek apron to add original and distinctive charm to one's wardrobe.

## To Gather or Scatter Dust

By IDAMAE MILES

HOW do you clean your floors? Do you complicate your cleaning operations by sweeping with a broom, thus sending dust flying hither and thither all through the room again?

We have used the broom through a long period of time as a method of cleaning, but if we analyze it, it has resulted in a very inefficient method of cleaning. We no longer recognize this household tool as a true cleaning device; it is simply a means of gathering together pieces of litter and the larger particles of dust. While it collects the larger particles of dust so that they may be removed from the floor or other surfaces it displaces all the finer particles, suspending them in the air for a time and finally allowing them to lodge in the meshes of the curtains to form films on the tops of the table, bookcase and other surfaces. Not a small number return to the floor, while certain of them select the lintels and picture moldings; others in turn lodge on the pictures, furnishings and pieces of bric-a-brac.

After expending our effort at ridding the room or rooms of dirt and dust by means of the broom, we have accomplished very little—we have flung it into the air only to have it occupy a new place.

If our purse positively does not warrant the purchase of a better tool for removing dirt and dust, we need to know how to employ this age-old broom friend

to the very best advantage. One effective way known is to scatter dampened pieces of newspaper all over the carpet or rug just before you are ready to sweep. These help gather together much of the lint and fine dust particles which otherwise escape.

An added suggestion which has proved helpful is the use of a bit of coarse salt. Add a small amount to the dampened torn bits of paper, stirring it about through the paper. This succeeds in helping to gather the dust and lint and furthermore it brightens the colors of your rugs and carpets.

Perhaps you will say that it takes too much time to sweep when you must prepare the paper and salt mixture. True indeed, that it does require more time for this preparation, but consider the amount of time one saves in dusting, since the profuse scattering of dust will not result as before and more than that, focus your attention on the family health aspect.

An important fact too often overlooked is that dust lying quietly under a bed or on top of a bookcase has no effect upon health, but when stirred up and left floating in the air, it becomes a source of danger. Any sweeping or dusting operation which stirs up a part of the dust in the course of removing the remainder is to be regarded as detrimental to health. And after all, isn't our prime aim as homemakers to keep our family healthy and happy? Then, if that is true, we will

accord health a consideration from every angle and this cleaning phase will be justly analyzed.

Our more fortunate homemaker sisters have had electricity at their command and thus floor cleaning as well as other cleaning has been simplified by the electric vacuum cleaner. However, it is now possible to have the aid of a good vacuum cleaner even if you do not have access to electricity so that every homemaker may now enjoy a lightened cleaning burden.

There are a number of non-electric vacuum cleaning machines on the market. Some of the best known of these with which the author has come in contact are the following:

	Price
1. Vacuette .....	\$35.50
2. Vital Rand .....	\$24.75
3. Sanitary .....	\$13.75
4. Wardway .....	\$15.50

Some data concerning the advantage of the non-electric vacuum cleaner have been worked out in a week's cleaning schedule for a family of five. The cleaning was performed without labor-saving equipment, then with a non-electric cleaner. The schedule which was worked out for a family of five had conditions as follows: three children going to school, house, a seven room suburban cottage, fuel used was gas and house was equipped with a hot water heater.

(Continued on page 15)

# GIRLS' 4-H CLUBS

## Club Work Is Glorifying the Iowa Farm Girl

### State Music Memory Contest Broadcast

Special radio concerts were broadcast from a number of stations Saturday afternoon, May 8, to the 4-H club girls. Twelve selections taken from the list of fifty which they are using as a basis for their music appreciation work were chosen. Prof. Tolbert MacRae, head of the music department at Iowa State College, had charge of the program given over W O I. Mr. Griffith, program director of radio station W O I, made the arrangements with the other stations.

This is the first 4-H state-wide music memory contest ever broadcast in the United States.

The following list made up the contest. The name of the selection and the composer were to be recognized.

1. Annie Laurie.....Old Scotch Song  
Violin
2. Blue Danube Waltz .....Strauss  
Piano
3. O Sole Mio ...Old Italian Folk Song  
Vocal
4. Liebestraum .....Liszt  
Piano
5. Serenade .....Schubert
6. Stars and Stripes Forever....Sousa  
Band or Orchestra
7. Swing Low Sweet Chariot.....  
.....Old Negro Song  
Vocal
8. Turkish March .....Beethoven
9. Andante Cantabile....Tchaikowsky  
Marimbaphone
10. Largo .....Dvorak  
Orchestra
11. Rondino .....Beethoven-Kreisler  
Violin
12. Wedding March .....Mendelssohn  
Orchestra

### Rally Days

All counties are now making big plans for county-wide 4-H Club Rally Days. June is Rally Month in Iowa! Girls, get your heads together and plan original stunts for your many visitors. Write to your State Department for suggestions for Rally Day.

Julia Satterlee of Delaware county, one of the energetic leaders of the state, has written a clever club prophecy, which you can obtain by writing to the State Department.

Wright and Sioux counties are putting on group singing contests as one feature on their Rally Day program in June. This is a good suggestion for every county.

Mrs. Axel Truelson, club leader of Pocahontas county, has attended every local club meeting and every county-wide club event for two and a half years.

"We don't find time, we use it."—Mrs. Clara Ingram Judson.

### More Roses!

One more really and truly 4-H girls' page in a magazine is the big surprise for clubbers and their friends this month. The Iowa Homestead, a farm publication in Des Moines, feels that the farm girls of Iowa are worthy of a real page once a month. Thanks, Mr. Pierce!

Wallaces' Farmer and the Homemaker are the other two magazines in the United States to have a 4-H girls' page.



Josephine Sudenga

### 4-H Baby in College

Babies, as a rule, do not go to college, but one can expect most anything to happen in the 4-H club family, so don't be surprised to have us announce that the 4-H club baby really is in college. Josephine Sudenga of Lyon county won the non-collegiate scholarship for three months' study at Iowa State College and is now on the campus hard at work. She is the very first 4-H girl to be enrolled in the non-collegiate department. It is hoped that Josephine's coming will pave the way for other girls who have found time for a condensed course in Home Economics after being out of school a few years.

The 4-H club department is now working on plans whereby at least four girls like Josephine will receive scholarships next year. These will be given to the girl making the best record in each line of club work. In time, each county should make a similar award. Why not in 1931 one hundred 4-H girls in our non-collegiate department!

### Annual Breakfast

Forty-nine 4-H college girls, representing 25 Iowa counties, the states of Minnesota, Montana, Ohio and South Dakota, breakfasted together at the Maples Sunday morning, April 11, at nine o'clock. This is an annual affair and is given in honor of the senior 4-H Club Girls. Catherine Phillips of Mahaska county, vice-president of the organization, was toast mistress and charmingly introduced each speaker. Josephine Sudenga, Lyon county, was introduced as the club baby. The club family was proud of its baby as she told of her impressions of Iowa State. Miss Catherine Landreth, an honorary 4-H girl, told of the plans for 4-H club work in New Zealand when she returns next year.

Miss Josephine Arnquist, State Girls' Club Leader, told of her summer's trip to several European countries, where she expects to see the work done for girls. She will visit England, France, Denmark, Belgium, Sweden and Norway. These countries have had representatives in this country the last year who have investigated Iowa club methods and who will help to make Miss Arnquist's visit in their countries profitable.

Mariam Waymire of Ohio represented the out-of-state girls.

The honor guests were: Mrs. Edith Barker, Miss Florence Forbes, Miss Josephine Arnquist of the State Department; Miss Catherine Landreth of New Zealand; Miss Frances Jones of the Student publication, Miss Betty Barker of the Homemaker, Miss Avis Talcott of the Extension Service and Miss Edna Rhoads of the resident teaching staff.

### Figures That Speak for Themselves

Taken from the 1925 Annual Report of 4-H Club Work in Iowa.

- 10,149 girls enrolled in 95 counties.
- 8,248 of these girls are in school.
- 1,219 local leaders in charge of clubs.
- 498 training schools conducted for local leaders.
- 572 public demonstration teams trained.
- 915 public demonstrations given.
- 58,056 attendance at demonstrations.
- 3,903 girls wearing approved shoes.
- 1,038 adults influenced by club work to wear approved shoes.

Polk, Van Buren, Kossuth and Marshall counties each have a girls' club paper, which is issued monthly.

"Exalt any sphere of service you may enter."—Doctor Moorhouse.

"I'd rather be one gingerbread man than a whole army of chocolate soldiers."

On March 1, F. Eva Brown took up her new duties as Home Demonstration Agent for Plymouth county, Iowa.



# With the Iowa State Home Economics Association

## Vocational Homemaking in Iowa

"She is a Smith-Hughes teacher." "She teaches vocational homemaking." These two explanations of a particular type of teaching are often used, but the exact difference between vocational homemaking and the usual courses of home economics in schools is rather vague to many.

Miss Fern Stover, who is state supervisor of vocational homemaking in Iowa, furnishes the following information concerning this type of home economics education.

The Smith-Hughes Act is an act of Congress which provides for educational work in agriculture, trades and industries and homemaking. The Act provides federal money to be used in conducting these three types of work, but the federal money must be matched by an equal sum by the state or the local school or both.

Once the money is raised to conduct vocational work, special teachers are provided. Qualifications for teachers are not unreasonably high, altho somewhat higher than the state requirements for teachers of Home Economics. The Smith-Hughes Act says that a teacher of vocational home economics must be a four-year graduate of home economics from the state teacher training institution or possess the equivalent in credit from another institution. Iowa State College is the institution which trains teachers in home economics education in Iowa.

A vocational teacher must have a first grade teacher's certificate. Teachers who have had two years' teaching experience and two years actual homemaking experience are given preference, altho the demand for vocational teachers has grown beyond the supply and girls with less teaching and homemaking experience are sometimes placed. The homemaking experience is often gained by taking charge of the home and family for several summer vacations.

How does vocational homemaking vary from any other type of home economics? Girls enrolled in the homemaking classes in the public schools must spend one-half of each school day in homemaking work. This includes all work in foods and clothing as well as the work in related art or the related sciences. Related art may include costume design, home furnishings or being a good hostess. Related sciences deal with the phases of science which influence the home, such as electricity in terms of electric lights and irons, and bacteriology related to food preservation.

Members of homemaking classes choose projects which they carry on at home and for which they are given credit at school. Thus the teacher has a chance to check up on her work, to see if the girls are actually using in their homes the methods they are taught at school.

School boards in Iowa are encouraging the work in vocational home economics, some being so enthusiastic that they raise the total amount of money needed to carry on the work, rather than to wait for state and federal aid.

There is a total of 63 teachers of vocational homemaking in Iowa this year. Forty-seven of them conduct day schools and the remainder are in charge of evening and part time homemaking schools.

## A Letter From Our President

Dear Home Economics Members:

This is the time for most of our district teachers' association meetings and we hope that you will be able to attend one of these, for your presence and interest are very much needed.

We are happy that plans are under way for a Home Economics conference or round table to be held at the time of these meetings. You will enjoy the contacts, the opportunities to get acquainted and to exchange experiences, for only by everyone contributing will the meeting be made a success. I am sorry I cannot attend these meetings, for I am anxious to know all of you so that the State Association will serve your needs better than it ever has before. To do this you must help by letting us know what you want and what you need. Will you write to me and suggest some ways in which you would like help? If you do not wish to do this, will you write to me and tell me something of the Home Economics work in your school? Nothing is too insignificant, for even the small problems are interesting.

We are anxious to know if the *Homemaker* is helpful. Mrs. Fred E. Ferguson, the editor of our page, and I are both eager to know any way in which we can be of service. Spring is the time to give expression to hopes and ideals. Share these with other members so that every one of us will be working for a stronger State Association and finer standards of homemaking and Home Economics teaching in Iowa.

Faithfully yours,

Anna E. Richardson,  
President, State Home Economics  
Division.

Teachers interested in vocational homemaking may write to Miss Fern Stover, State Superintendent of Vocational Homemaking, State House, Des Moines, Iowa.

## American Home Economics Association Meeting

Minneapolis will be the hostess to the American Home Economics Association during its nineteenth annual meeting, which will be held there from June 28 to July 2. All of the meetings will be held in the Hotel Radisson with the exception of those on Friday, July 2, when the association will enjoy the hospitality of the College of Agriculture of the University of Minnesota at the University Farm Campus, St. Paul.

One and one-half rate for the round trip has been granted those who attend the convention, on condition that 250 certificates are presented at Minneapolis.

With this meeting of the American Home Economics Association being held in a neighboring state, Iowa home economics folks will surely be there in large numbers.

## Executive Secretary of A. H. E. A.

Miss Alice L. Edwards succeeds Miss Lita Bane as executive secretary of the American Home Economics Association. Miss Edwards assumed her new duties on February 15 and of her the *Journal of Home Economics* says: "Miss Edwards is a native of Oregon and was graduated from the Oregon Agricultural College in 1906. Since then she has studied at the Universities of California, Chicago and Columbia, taking her master's degree from Columbia in 1917. She has had a varied teaching experience both in rural schools and state universities, and since 1921 has been dean of women of Home Economics at Rhode Island State College."

The *Journal* also states that Miss Edwards will spend most of the spring in the Washington office of the association, where she will assist with the plans for the Minneapolis meeting and also devote some time to the work of the publicity committee. Among the other organizations with which she will be actively co-operating will be the division of Simplified Practice of the U. S. Department of Commerce and the Women's Joint Congressional Committee. Miss Edwards will also attend the state association meetings in South Carolina, Georgia, New York and the Eastern Section of the Pennsylvania State Association.

## Richards Memorial Fund

The Ellen H. Richards Memorial Fund was established in 1914, shortly after the death of Mrs. Richards. With a goal of \$25,000, the fund grew slowly to about \$8,000 and a renewed effort is being made by the committee in charge of raising the fund to reach the goal by May 1, 1928.

The income from the Ellen H. Richards Memorial Fund is to be devoted to graduate research scholarships. Miss Lita Bane, formerly executive secretary of the American Home Economics Association, is the present scholarship student. She received \$300 for the year 1925-26. During the first half of the year she studied education in homemaking for adults at the University of Chicago and she is attending Columbia University during the spring session.

Miss Martha Van Rensselaer, College of Home Economics, Cornell University, Ithaca, New York, is chairman of the committee on the Ellen H. Richards Scholarship Award for 1926-27. Application blanks may be secured by writing her.

More research scholarships will be offered as the income from the fund warrants, making possible the investigation of other important lines of research. Contributions from home economics clubs and other organizations interested in the development of home economics will increase the fund and at the same time increase the scholarships offered.

Miss Alice Stewart resigned her position as dietitian at the Ohio Valley General Hospital, Wheeling, West Virginia, to accept a position as supervisor of the diabetic kitchen at Michael Reese Hospital, Chicago.

## THE IOWA HOMEMAKER

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## THE ROOM THAT SINGS

"Moods are from environment, not from deeper things—  
Who could nurse a grievance in a living room that sings?"

—Strickland Gilliland.

It is with singing hearts that we, the faculty and students of the Home Economics Division of Iowa State College, will proudly open the doors of the new Home Economics Building in June. No moody people will be able to exist in the atmosphere of dignity and quiet that the new building will bring to everyone.

We tiptoed quietly up the flight of stairs that led from the hall to the big, deep stage of the new auditorium and gazed in silence out over the glistening floor, the deeply panelled walls and the lofty windows. The massive dignity of the room spelled majesty and strength.

And then we tiptoed through a high panelled door into the committee room that was closed off from the auditorium by panelled doors. The beautiful fireplace is made of carefully selected stones. You feel on looking at it that some one spent many hours in designing it and that hands lingered lovingly over each stone. The tall torchieres on either side were the only articles in the room, yet the place exuded a certain song—as if the fireplace itself was singing a happy little song deep in its heart.

When it is the treasure house of new furniture and deep, soft rugs, the committee room will truly be a living room. It will be the central meeting place for the Division of Home Economics and all who enter will leave with singing hearts.

## CHERRY PIE DAY

Cherry Pie! Cherry Pie! Two thousand cherry pies topped with whipped cream disappear like lightning every year in the Home Economics open house during Veishea. And who would think, to see one of these individual cherry pies that it is really the idea from which the all-college festival, Veishea, was planned.

In 1914, largely through the influence of Dean Mac-

Kay, an Ellen H. Richards day was planned by Omicron Nu girls to be observed by the whole Home Economics Division. From this first plan resulted "H. Ec. Day," when the Home Economics girls were hostesses at the first open house. Exhibits, vaudeville and two thousand cherry pies made by Omicron Nu girls, made this first "H. Ec." Day a red letter one. The proceeds were used to establish the Dean McKay Memorial Scholarship Fund and to contribute to the Ellen H. Richards Scholarship Fund.

"H. Ec. Day" has been absorbed by Veishea, but the cherry pie has become a campus tradition. The Home Economics open house is always the first one visited because of these luscious products.

Cherry pie! From one individual cherry pie has grown many things. Veishea, with its holidays packed full of exhibits and open houses, its parades and its big Night Show. Hordes of alumni and incoming students—renewing of old acquaintances and the making of new ones. An object-picture of what strides Iowa State College has made during the last year. New buildings to show our progress—the new Library, and, dearest to the hearts of all homemakers, the new Home Economics building.

From one cherry pie, we might say, has evolved the new building. It stands ready for dedication at Commencement, a fitting and lasting memorial to the persons who have worked so hard to make it possible. And the girls of Iowa State College, as in after years they pile whipped cream high on individual cherry pies, will be carrying on Cherry Pie Day and the work of true homemakers.

## WHY I'M GLAD I CHOSE IOWA STATE COLLEGE

Flat on one's back in a hospital room feeling very much cut up is a queer place to have college suggested, but such was the place I first heard of Iowa State College as a good place for Home Economics training. You see, I was not an Iowan in those days.

After discussing possible colleges, my doctor said, "Why not Ames? That is the best school in the United States for Home Economics." And so, following his suggestion, I wrote for catalogues. One look into them fairly fascinated me and almost immediately I decided that I would attend Iowa State College for one year at least. Each two or three days brought more material about the college and each day I became more interested. It was with great anticipation that I started for Ames.

After four years, am I sorry I chose Iowa State College? Decidedly "No!" As I hoped, each day brought forth new thoughts, new ideas, new contacts. I did not end after the first year, for I came back a second, a third, and a fourth. I have found the field of Home Economics almost unlimited in its scope and it has been exceedingly hard to choose the place I really like the best and feel I can be most successful in.

Time at Iowa State College isn't all work and no play, for there are many fields of activity, namely, dramatics, athletics, journalism and student government. Besides activities, there is ample opportunity for entertainment of varied sorts.

I am glad I chose Iowa State College for the following reasons: The preparation it has given me for a life work; the friendships made; the associations with people who inspire and help; the philosophy of life I have formulated; and lastly the power to "live best and serve most."—Grace Heidbreder.



# Who's There and Where

By CLEO FITZSIMMONS



## Mrs. C. F. Curtiss

Mrs. Olive Wilson Curtiss, H. Ec. '87, one of the graduates of Iowa State College who has been a successful homemaker, believes that every woman should be prepared to fill her place in the economic world.

She proved her own ability to care for herself by paying for the greater part of her college expenses from money which she earned as a teacher in a country school in the south western part of Iowa. "In those days our winter vacation was three months long and I spent it teaching school," Mrs. Curtiss said.

After her graduation she taught school for a year, following which she took additional work at Northwestern University, Evanston, Ill. She was married Feb. 15, 1893 to Charles F. Curtiss who was also an Ames graduate of the class of '87 and who is now Dean of Agriculture at the college. At that time, Dean Curtiss was an associate professor in agriculture under James Wilson who later became Secretary of Agriculture in President McKinley's cabinet.

In 1897, Dean and Mrs. Curtiss moved to the home which they now occupy. "The Farmhouse," which is located near the new Agricultural Hall on the Iowa State College campus. "There was no new 'Ag. Hall' then," Mrs. Curtiss said. "Where that now stands, an old corduroy road cut thru the campus to join what is now the Lincoln Highway. The northeast corner of the building covers the spot where our 'Picnic Tree' stood. It was a huge old willow. On fine summer days, the children and I would take our lunches out under the tree and there they played while I read. Often we read together."

Mrs. Curtiss' children, three daughters, Ruth, Edith and Helen, all graduates of Iowa State College, have, like their mother, demonstrated their ability to care for themselves.

Ruth, who is now Mrs. Neil J. Murray of New York City, and the mother of a small daughter, Joan Curtiss, was very successful as a designer of women's clothing for a New York house before her marriage last June.

Edith, now Mrs. John L. Shugart, who lives on a large farm just out of Council Bluffs on the White Pole road, was a member of the meat producing section of the Department of Agriculture in Washington, D. C.

Helen, the youngest daughter, is a landscape architect with Tinsley and McBroom, architects in Des Moines and is also connected with the extension service of the Landscape Architecture Department of Iowa State College.

Thru the years of their study, Mrs. Curtiss worked and kept up with her daughters. "The work was fascinating," she said. "If I were beginning in college

again, I think it would be hard for me to choose my course. Ruth graduated in Home Economics, you see, Edith in Animal Husbandry and Helen in Landscape Architecture."

Mrs. Curtiss has accompanied her husband over most of the United States, sometimes on business trips and often on vacations.

"Since I have always believed that travel is good for children, we took them with us from the time they were old enough. Their first trip was to the St. Louis Exposition in 1903. Helen, I felt was too young to go, but Ruth was nine and Edith seven and the two of them and I enjoyed the trip immensely. I remember that each child carried our St. Louis address and 50 cents in the pocket of her dress in case she should get lost, but we had no trouble of any kind.

"My principle in bringing up a family," Mrs. Curtiss concluded, "is to be an addition to a company and not a space-filler. We have many, many happy times together."

F. Helen Beels, H. Ec. '23, is a dietitian in the Portsmouth General Hospital, Portsmouth, Ohio.

Miss Emma Thomwald is taking her student dietitian training at Michael Reese Hospital in New York City.

Elizabeth Fogg is head dietitian at the California Lutheran Hospital, located at Los Angeles, California.

Nell Taylor, who has recently finished her student dietitian training at Michael Reese Hospital, has been retained as supervisor of the milk station for infants at the same hospital.

Eda Murphy Demarest, H. Ec. '22, and her husband, Benjamin Garrison Demarest, are enjoying a honeymoon trip around the world. They plan to return early this spring. They will make their home at One, Lloyd Road, Montclair, N. J.

Phoebe Menser, H. Ec. '23, is in the department of bacteriology, physics and hygiene in the State College for Women at Columbus, Miss. The college has about 1,250 students.

Thelma T. Pearson, H. Ec. '22, is now teaching home economics in the Presbyterian Mission school in Assut, Egypt. Miss Pearson's home is at Otumwa.

Marie Dorothy Young, H. Ec. '16, is supervisor of Home Economics in Muskegon, Mich. She received her M. S. degree in 1923 from Teachers' College, New York City.

## Omicron Nu Initiates

Omicron Nu initiation was held this year in the committee room in the new part of Home Economics Hall on March 31. This was the first time that the new building had been used for a student activity. The fireplace, with its rare tiles and graceful torchieres, made a lovely setting for the initiation ceremony. After the sixteen girls had been initiated, a banquet was held in the tea room. Kathryn Ayres, president, acted as toastmistress. Dean Richardson spoke on "The Value of Scholarship," and Miss Knowles of the Extension Department spoke on "Leadership in the Field." Miss Miller told of the conclave which was held April 10 at Manhattan, Kansas. The girls who were initiated into Omicron Nu were: Adella Bigler, Margaret Proctor, Edith Ruggles, Helen Elliott, Elsie Guthrie, Florence Bayliss, Catherine Landreth, Katherine Holden, Mary Louise Peebles, Josephine McMullen, Marion Brookover, Margaret Liston, Estella Sill, Helen Swiney and Jessie Manship.

Hilda Faris, '24, has changed her name to Mrs. Oscar H. Mabey. Her new home is at Mitchell, South Dakota. Her husband is a doctor.

Mildred S. Krebs, '24, is teaching clothing in a beautiful new Junior High School in Cedar Rapids. She is enjoying her work and enjoys the Who's There and Where page very much.

Betty Gildersleeve, '25, has been teaching during the last year at Imperial, Pa. On February 20, 1926, she was married to Joseph R. Phillips of Library, Pa. Mr. Phillips is employed by the People's Natural Gas Company and is head engineer at the station on the edge of Imperial.

Bernice Brady, H. Ec. '22, is located at Hedrick, Iowa, where she has been teaching for five consecutive years. She has taught home economics during the entire time and has been principal of the high school for the last three years.

Genevieve A. Callahan, H. Ec. '20, is the home department editor of Successful Farming. Her address is 821 19th street, Des Moines, Iowa.

Agnes M. Crain, H. Ec. '25, finished a student dietitian course at the Cottage Hospital, Santa Barbara, Calif., Feb. 12. Her present address is Deep River, Iowa.

A letter from Jessie M. Horne says that she has received an appointment from the calorie kitchen of the Rochester Hospital, to become effective January 1927.



# The Art of Batik

By BERNICE MILLERKE

IN "Batiks and How to Make Them," Pieter Mijer says, "Batik is the art of dyeing fabrics in one piece in different dyes consecutively, through the combination of which the pattern of the design is produced." Batik is not merely a crude method of decorating material as many people think it to be; it is not a matter of smearing wax on a piece of material with a brush, and then dipping it haphazard into any kind of dye. On the contrary, it is a craft which requires quite a good deal of skill and knowledge of design, as well as a good ideal of color.

Investigation shows that the art of batik has always flourished in Java. Therefore, we may safely say that Java is the home of batik. The robes of idols worshipped in prehistoric days were decorated in much the same way as those of today, and apparently the modern, native method of doing the work differs very little from that employed so many hundred years ago.

Batiks are chiefly used in Java for wearing apparel, and are usually made of calico, which is imported from Holland and England. The main garment consists of a piece of material from three to four and a half yards in length and about forty-two inches in width. In 1919 these garments could be bought at a cost varying from one to twenty-five dollars. However, today because of the increased popularity of batik in Europe and America, they are much higher in price.

The batik art in Java is primarily a home occupation. However, some of the districts have become manufacturing centers of sorts. Here the workers labor very hard for meager pay. The designing and waxing is done by the women, while the men do the dyeing. The designs are usually patterned after the standard ones which have been used for generations. Occasionally a bit of original design is added. Certain designs are an indication of social rank and prestige. Certain definite colors in a batik indicate that it was made in a particular section of the country. For instance, those from Djocdja and Solo are made in rich tans, beautiful golden browns and deep indigo blue. Pekalongan batiks are usually white or cream and different shades of blue. A greater variety of color in a batik means, as a rule, that the piece had its origin in the district of Samarang.

As has been mentioned before, the material ordinarily used for batiks in Java is cotton, but occasionally silk is used. The cotton as it comes from market is not ready to be batiked. If it is bleached, it has to be washed several times in cold water to remove the starch, chalk and other artificial stiffening. It is then soaked for several days in coconut oil. Next it is boiled in water containing ashes of burnt rice stalks until the material is entirely free from oil. After the piece is dried in the sun, the cut edges are hemmed. Then the material is starched by soaking it in rice water. When it has dried, it is rolled, laid on a board and pounded to make it soft and pliable. It is then ready to be batiked.

First, the main outline of the design is sketched on the material with char-

coal or pencil, and when this is completed the fabric is hung on a wooden frame and the design is drawn on in wax with a tjanting, a small copper cup-shaped device with a fine spout through which the wax runs by capillary action. When one side has been decorated, the piece is turned around, and the back is very carefully drawn in. When the surfaces which are not to be blue have been covered with a mixture of beeswax and rosin, the material is ready to go into the blue dye bath. After the material comes from the blue dye, wax is removed from the portions which are to be red by sponging them with hot water. The piece is then restarched with rice water, aren sugar and pulverized randoe leaves, so that the remaining wax will not run or become soft. The parts that are to remain blue are rewaxed, and the piece is ready for the red dye bath. Red dye is made from an infusion of sago bark. The dyes are made permanent by dipping the dyed material into a solution of Java sugar, whiting and alum. The wax is removed by boiling the cloth. When the water cools, the floating wax is collected for further use. The finished batik is then dried in the sun. If other colors are required on the piece, the same procedure is repeated.

Batik in America is still a comparatively recent importation. Brought here about fifteen years ago, it was met with absolute uncomprehension and lack of interest, but its real merit as a means of decorating fabrics has earned it a place in the industrial art of the nation, and year by year it is gaining a wider recognition. Its rapid advancement may be best illustrated by citing as examples the teaching of the art not only in art schools, but also in universities and colleges. In fact, at present it stands in some danger of being destroyed as far as quality is concerned, because too many people have tried to commercialize it; and when true art is commercialized, it ceases to be art and becomes mere flamboyant and garish reproduction.

Batiks in this country are used for the most part as features of interior decoration—table covers, pillow tops, screens, wall hangings and lamp shades. Recently batik has become decidedly popular as a decoration for scarfs, handkerchiefs, dress trimmings and negligees.

American batik is made in just the opposite manner from Javanese batik; that is, in dyeing the material we progress from the lighter to the darker colors, and wax each color which we desire to save. The wax is removed only after the final dye bath. And we are not limited to cotton material; in fact, American batik is much more successfully carried out on silk, velvet, wool or leather.

The preparation of the material consists simply in a thorough washing for the purpose of removing all artificial loading, and shrinking the cloth. The design is first carried out on paper, and the color scheme planned and executed on a similar sheet. If the material to be batiked is thin, it may be placed over the design and traced; if this is not satisfactory, the design may be outlined with a

wheel perforator, the paper placed over the material, and charcoal rubbed through the holes. The material is then waxed, dyed and rinsed according to the color scheme. A knowledge of the color which results when one color is placed over another is necessary in order to plan effective color schemes. Gasoline or carbon tetrachloride is used to remove the wax. Where only small pieces have been batiked, the wax may be removed by pressing the cloth with a hot iron over a pad of blotting paper.

Batik is not only a fascinating art, but also a useful one. Very beautiful and striking effects may be obtained by the exercise of a little care and patience, and a fundamental knowledge of design and color principles.

## National Meeting of Omicron Nu Held in Kansas

Omicron Nu, honorary organization for home economics students, held its eighth biennial conclave at the Kansas Agricultural College at Manhattan, Kansas, on April 7, 8 and 9. Twenty-two of the twenty-three active chapters, including the newly installed chapter at the University of Oklahoma, which was only three days old, and two alumni chapters were represented. Alumni chapter delegates were from New York State College and the University of Nebraska.

Miss Genevieve Fisher, who was a member of the teacher training department of Iowa State College at one time, is retiring grand president of Omicron Nu. Miss Cora B. Miller of Iowa State is the newly elected grand secretary.

Iowa has but one active chapter of Omicron Nu, Gamma chapter at Iowa State College. This chapter was installed in 1913 and since that time 319 home economics students have been elected to membership. Gamma chapter was represented at the conclave by Kathern Ayres, Margaret Liston and Helen Swinney.

Alumni members of Omicron Nu living in Ames are completing an alumni organization this spring, and recently announced the officers to be: President, Vivian Jordan Brashear, '17; vice-president, Florence Browne Quist, '18, and treasurer, Mary Montgomery Pride, '15.

Mary Masters Daubert, H. Ec. '20, and her husband, F. K. Daubert, make their home at Laurens, Iowa. Mrs. Daubert writes that her 4-H Clothing Club girls won first place on their record and exhibition work on Achievement Day.

Beth E. Thorne, H. Ec. '22, is teaching Foods in a new \$400,000 school in Los Angeles, Calif. Her address is Apt. 101, 5171 Marathon.

Jean Hollingsworth Williams, H. Ec. '24, has a daughter, Betty Catherine, who is one month old. Her husband is James H. Williams, and their home is in Willisburg, Ky.

Alma Boyce, H. Ec. '25, is teaching homemaking at Jesup, Iowa.

## ETERNAL



## QUESTION

## How to Bone a Chicken

I am anxious to have boned chicken for my family. Could you tell me just how to go about preparing the chicken for the oven?

The easiest way to tell you is to put down the information in the steps as they come. Follow closely every step.

1. Prepare the chicken as usual, removing head and feathers.
2. With a sharp knife, begin at the neck and cut straight down the back for about five inches.
3. Disjoint the wing at the shoulder.
4. With a paring knife, cut meat away from the bone and follow to the first joint, turning wing inside out as you go. Disjoint.
5. Free second bone from meat and disjoint from small bone at the end. The small bone is left in the chicken.
6. Prepare the other wing the same way.
7. Cut the skin at the joints above the foot and by means of a skewer pull out the coarse tendons one by one. This leaves the meat tender.
8. Going back to the neck. Separate the shoulder bone from the surrounding meat, and remove the bone.
9. The larger part of the carcass may be taken out of the body of the chicken now by peeling the meat away, working down all the while toward the posterior end of the chicken.
10. Remove the bones from the drumsticks in the same manner as the wings were prepared.
11. The tail is left in the fowl. (Remove oil sack.)
12. Cut carefully around the anus, and the chicken is free.
13. Recipe for the dressing:  
1 cup of chopped cooked beef  
1 cup of bread crumbs  
Lemon juice to taste  
Celery salt  
Poultry seasoning  
Onion and chopped giblets, if desired  
Butter or chicken fat  
Moisten dressing with the broth from the chicken bones
14. Put this dressing into the wings, drumsticks and body of the chicken, taking care to fill all places left vacant by the bones. Sew up all broken places in the skin and tie up drumsticks with thread.
15. Place in roaster, with wings folded beneath the bird and with the breast facing outward. Salt slightly and add a small amount of water to the pan.
16. Roast in a moderate oven.

## Destroying Cabbage Odor

The disagreeable cabbage odor fills my house every time I cook it. Could you please tell me how to avoid this?

The odor of cabbage may very easily be avoided if the lid of the container in which the cabbage is cooked is taken off. This allows the steam to escape, thus carrying into the air gradually every vestige of the disagreeable odor. The air then absorbs the steam and moisture from the cabbage as it comes from the container and thereby prevents it from filling the house.

## Canning Vegetables

In canning, how may liquid be kept from going down on canned vegetables such as green peas and beans?

If processing in a hot water bath, keep the water at least an inch and a half above the tops of the jars. If using a steam pressure cooker, allow it to cool to zero before opening the pet cock and letting the steam escape. Then lift the lid up and down two or three times before completely removing it. This allows the air pressure on top of the jars to increase gradually, preventing the escape of liquid from inside the jars.

## Breezes for the Sick Room

Could you tell me a way to keep the invalid's room cool and pleasant even in the hottest of summer weather?

If there are no cool winds and the very air is stifling, try this unique plan. Obtain a rather large, cool looking bowl, decorated in color if possible, and fill it with as much ice as it can hold. Place it on a table in the corner of the room which is most desirable and set an oscillating electric fan directly behind it in such a way as to cause the fan to sweep directly over the ice and send the coolest of refreshing breezes over the sick-bed. Flowers may be placed near or about the ice to lend their fragrance to the breeze.

Goldah Tomlin Anderson, H. Ec. '22, is the mother of a boy, two and one-half years of age, and a girl, five months old. Her husband is Harper T. Anderson. She lives at 1727 Sixth Ave., Scottsbluff, Neb. She writes that she and her husband enjoyed the H. Ec. club radio program and also says, "I always appreciate my homemaking training when household difficulties arise."

Marie Mortensen, H. Ec. '23, is an instructor in home economics in Penn College, Oskaloosa, Iowa.

## Cleaning Cold Storage Fowls

What is the most simple and thorough method for cleaning fowls after they have come from cold storage?

The good fairy, Ivory soap, combined with a goodly amount of water, will prove the most effective method. The chicken, unlike us, takes a dust bath instead of a water bath, which makes it all the more necessary that he take his final bath with soap and water. A good scrub brush will aid in removing the oil, dust and pinfeathers, while there is nothing like rubbing a bit of soda on the skin to make the chicken look nice and white. Pricking with a sharp pointed knife and effective rubbing with a scrub brush will do much toward removing the tightly wedged pinfeathers of a cold storage chicken. A good water rinsing will remove all taste of soap and the fowl will be as clean as anyone might desire, none of the food extractives will be lost in the water because the skin affords a protection.

## Cleaning Draperies and Rugs

I shall appreciate very much some information on the topic, "Cleaning of draperies, curtains and rugs." . . . . .

Ans. As to methods of cleaning curtains, draperies and rugs, dry cleaning has many advantages over washing at spring house cleaning time. It is easier, quicker and does not change color nor cause wrinkles or shrinking. Gasoline dissolves the grease and sets the dirt free.

To be sure of clean gasoline, the housewife may test by dropping some on waxed paper. It should evaporate without leaving a stain or white ring. Probably six to ten gallons should be used, depending upon the materials to be cleaned. A good dry cleaning soap or liquid should be used and if this is not obtainable, any good white soap. Water should never be used with gasoline.

Because of the inflammable nature of gasoline, the work should be done out of doors or with windows and doors open and with no fire or light near.

The curtains should be dusted before placing in the gasoline. They may be washed in gasoline the same as in water, using a soft brush if they are badly soiled. They should be rinsed twice in clean gasoline, hung out in the air to dry and pressed later. The used gasoline should not be poured where it will kill the grass, and it may be allowed to settle and the clean liquid used on darker articles.

Pauline Brown, H. Ec. '24, is teaching sewing in the high school at Paul, Idaho.





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Tags and  
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## The Last Word in Summer Dresses

Tub Silk,

Rajahs

Shantung

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and

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and Up

The Fair

### QUALITY IN BATH TOWELS

**T**O envelope oneself in a luxurious large bath towel that absorbs every bit of water the minute you are out of the tub is indeed a luxury. Unfortunately, we do not usually have such towels; they may be all-enveloping, but not all-absorbing.

A bath towel is designed to offer a large surface for the absorption of water. This surface is obtained by the pile threads that are woven into the skeleton of the fabric. In most towels, under strain of ordinary usage, the pile threads soon pull out and give the towel a rough and unsightly picture.

To guard against this unsightliness, select your towels carefully. The background of the fabric should be firm and closely woven. An average of thirty threads per inch of fabric has been found to give a firm background into which pile threads may be bound firmly.

Tensile strength of such a towel is 23.4 pounds in warp and 36.8 in filling. Though a trifle more expensive, it more than makes up the difference in durability.

### SELECTION OF GLASS CURTAIN

Where is the housewife who does not bemoan the fact that the warm spring sun fades and breaks her glass curtains? There is no getting around the fact that we want plenty of sunlight in our homes or that the shades must be up to get the full benefit of the sun's healthful rays.

To get the full value of the wearing quality of glass curtains, choose a material that will best withstand the rays of the sun as they come through the window. In comparing the "breaking" quality of curtain fabrics it has been determined that silk breaks first, then wool, rayon, cotton and linen. Although linen best resists the sunlight, it is the most expensive of the materials.

Whatever material you decide to use, make the curtains so that they may be reversed from time to time to keep the wear and sunlight more evenly distributed over the curtains. While you are thus conserving the tensile strength of the fabric you are making curtains that are better constructed.

### TESTING FOR RAYON

Some of the newest spring fabrics are rayon mixtures. It is sometimes hard to tell rayon fabrics from all silk fabrics with modern methods of weaving.

Test for rayon by dipping the fabric in cold water. If the tearing strength while it is still wet is weaker than before, the fabric is rayon. When dry, rayon regains its strength. This shows clearly how important the laundering of rayon should be.

Doris M. Pammel, H. Ec. '15, is chief dietitian at the United States Veteran Hospital, Tacoma, Wash.

Pearl Apland, H. Ec. '21, is teaching Clothing and Costume Design in the Arsenal Technical Schools, Indianapolis, Ind. She writes that two of her advanced classes are making costumes for the senior class play, "Beau Drummel."

Alma Scheidemann, H. Ec. '22, is teaching in the Clinton high school, Clinton, Iowa. She has been spending her summers since graduation working upon her master's degree, with the exception of the summer of 1924 which she spent touring in Europe.

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## Care Gives Wear

(Continued from page 3)

ness makes the problem a simple one. The illustration shows a good simple closet.

Besides the hanging of clothes, too much cannot be said concerning mending, cleaning, airing, pressing and the removal of stains in caring for them. Pressing adds much to the appearance of garments. For wool, cover with a thick, damp cloth and press with a heavy hot iron until the cloth is almost dry. Be careful not to iron until the cloth is dry, as this often causes the material to shine. "Shine" is also caused by wearing off the nap and by grease. A tablespoon of ammonia to a quart of tepid water is good for sponging shiny material before pressing. In bad cases, a piece of fine sandpaper may be used to brush up the nap. For silk, an iron that is too hot injures the fiber.

Stains should be removed before the garment is laundered and as soon as possible after the stain is made.

Javelle water: Javelle water removes all color and should not be used on colored materials. Dissolve one-half pound of chloride of lime in two quarts of cold water and one pound of washing soda in one quart of boiling water. Let both settle and pour off the clear liquid. Mix, let the mixture settle, strain thru a cloth, pour into bottles, cork, and keep in a dark place. For stain removal, dilute with an equal volume of cold water. Soak the article in this until the stain disappears, then rinse thoroughly in several clear waters and finally in diluted ammonia water. For whitening clothes, use from two to three tablespoonfuls of the liquid in the water in which the clothes are boiled.

Oxalic acid (mark poison): Dissolve one teaspoon of crystals in three-fourths cup of hot water.

Peroxide of hydrogen: Add a few drops of ammonia to the hydrogen peroxide just before using.

Detergent: (For removing grease spots):

¼ oz. white castile soap  
¼ oz. alcohol  
½ oz. ether  
2 oz. ammonia  
1½ qts. soft water

Cut soap fine and heat in 1 cup of soft water until dissolved. Then add 1½ quarts of cold water and the other ingredients. Store in glass jar or bottles.

For cleaning black goods, use 3 to 4 tablespoonfuls to a pint of warm water. For removing spots from woolen goods apply with a sponge. It may be slightly diluted. Try the solution on a piece of material before using to be sure that ether will not affect the color.

Delicately colored fabrics often fade in the process of washing. It is always advisable to test the color by washing a small piece of the fabric. Some of the various means used for setting colors by household methods are:

Salt—1 cup to 1 gallon of water.  
Vinegar—½ cup to 1 gallon of water.  
Alum—1 tablespoon to 1 gallon of water.

Accessories should be well taken care of in order that one may look her best. Shoes, gloves, and hats are the common accessories. Authorities say that women are judged by their taste in the selection of their shoes, hats and gloves. These should always be in good condition.

Plan thoroughly, buy carefully, keep your clothes in good repair and good condition, and you will have, as a reward, clothes that will not only look better, but clothes that will wear longer.

Helen Wilson, H. Ec. '17, took post graduate work at Columbia University, New York, completing her work in April, 1925. She is now supervisor of the Butte county schools and her address is Oroville, Calif.

Nellie Whittemore Wallace, H. Ec. '22, is the mother of one small daughter. Her husband, L. A. Wallace, is the athletic director at the University of Oklahoma at Norman. Mrs. Wallace writes that Nancy Elliott, who graduated from the Home Economics Division of Iowa State last year, is achieving success at Norman and that under her direction the clothing classes presented an excellent style show.

## Real Confidence

"But, my dear, you are not going to walk home in those new shoes?"

"Why, certainly; I always do, for I buy my shoes where they take great pains in fitting them, at the

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## Bauge & Son

Shoes That Satisfy  
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### A NEW SPRING FABRIC

By Ruth Youngman

"MAY I help you this morning?" said a saleslady in a department store.

"Yes, please, I am looking for material for a white sport frock."

I was, straightway led to another counter where the saleslady gave me this interesting information about Rhea.

"I have something new and very attractive in a material that resembles linen but is more than a third cheaper. The history of this fabric is interesting and I would like to tell you how it came to us.

"Way back in early Egyptian times, Rhea reeds were found growing along the banks of rivers just as we see reeds and cat-tails growing in our lakes and streams today. The Egyptians accidentally found what a strong fiber it was and started using it for rope.

"They did not know how to separate the fiber however, so it was useless to them for spinning purposes.

"The Lonsdale manufacturing people of Providence, R. I., became interested in the superior strength of this fiber and one of their company decided that Rhea fiber could probably be separated the same as flax fiber. They then allowed some of it to rot, and found that it could be separated and spun. The thread was woven into this material which has made its appearance on our markets this spring.

"It is an oyster white and I think will make a stunning little sport frock. It is lovely, too, for luncheon cloths, table runners, fancy towels and practically everything for which linen is used. It comes in two convenient widths, 18 and 45 inches. The two most important factors are that it launders beautifully and does not shrink."

During this little discourse I had listened with both eyes and ears because it seemed quite unusual for a saleslady to be entertaining me, thus, with a fairy tale. However, when I examined the material before me and saw how good looking it was and realized its possibilities it seemed just the material for which I had been looking.

"How interesting," I said to the saleslady, "I would like to have four yards."

Then I departed, that much wiser in Textile Economics.

## Real Confidence

"But, my dear, you are not going to walk home in those new shoes?"

"Why, certainly; I always do, for I buy my shoes where they take great pains in fitting them, at the

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**Venetian Orange Skin Food**, patted into the face after cleansing, nourishes and rebuilds worn and flabby tissues. \$1, \$1.75, \$2.75, \$4.25.

Ask at our toilet goods counter for "The Quest of the Beautiful," a booklet which describes all the Venetian Preparations and tells how to apply the Muscle Strapping Treatments.

Student Supply Store



## To Gather or Scatter Dust

(Continued from page 4)

### The Schedule

	hrs.	min.
Monday—Thorough cleaning of downstairs bedrooms, bath and hall .....	1	45
Wednesday—Light cleaning upstairs .....		15
Thursday—Cleaning of bedrooms and closets .....	2	30
Friday—Downstairs cleaning ...	2	30
Total time for week .....	7	

The time spent in cleaning the floor of a room, size 14x16 ft., which is furnished with a carpet, using the broom, totals 12 minutes; time spent when using the non-electric cleaner is but 8 minutes. The difference between 12 minutes and 8 minutes is 4 minutes, thus one-third of the cleaning time is saved when the non-electric vacuum cleaner is used for sweeping.

A theoretical problem set up on this basis shows that if five rooms are cleaned twice a week and the rooms average 14x16 feet in size, cleaning by broom will require 2 hours or 120 minutes; cleaning by nonelectric vacuum will require 80 minutes.

The time saved by using the non-electric cleaner instead of the broom is 40 minutes for one week, 2 hours and 40 minutes for four weeks, and amounts to 24 hours and 40 minutes for 52 weeks or a year.

If seven hours' broom cleaning work can be shortened 80 minutes in a week by using a non-electric cleaner that will mean a cleaning period of 5 hours and 40 minutes for the week, 22 hours and 40 minutes for the month rather than 28 hours, and for the year 294 hours and 40 minutes instead of 364 hours.

It might be fun to carry our figures a little further. Suppose we calculate the homemaker's wage along with the rest of the problem. Does she dare claim 35 cents an hour a paltry sum for her very valuable and hard to replace services? Using her cleaner she could release 34 hours of time a year. At 35 cents an hour this shows an annual value—in time released alone—of \$12.11—not far from the cost of a cleaner, is it?

Surely these figures prove that non-electric cleaners are worthy of investigation from the standpoint of saving time and we have already noted their sanitary advantage, which surely requires due consideration. We have just begun to get some idea of the actual cost of ill-health and lowered vitality as well as of sickness, medical care, nursing and death charges; and these economic losses are among the strongest arguments for better sanitary conditions and for more skilled housekeeping.

Home Economics Clubs in high schools are being studied by the Vocational Education Section of the Home Economics Club of Iowa State College. The study includes organization, initiation ceremonies and plans for work for high school

Excerpt from Cornell Bulletin September, 1925: "Dormitory boarding halls will be in charge of Miss Leila Huebsch, a Cornellian and a graduate of Iowa State College. She has been teaching at Sweetbriar College, Virginia. Miss Huebsch attended Cornell as an undergraduate.

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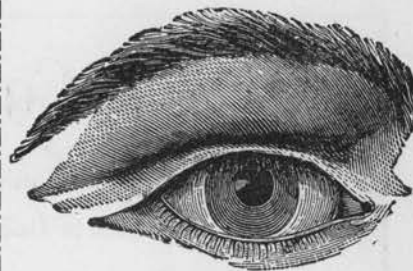
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Opposite Campus  
Home Journal and Vogue Patterns

**Personality in Children's Clothes**

(Continued from page 1)

The course in Children's clothing is devoted to the work of finding new ways to solve the old problems found whenever one starts to clothe a child. The class worked with methods of fastenings for some time, striving to find an easier and more efficient way of using fastenings that the children themselves could manipulate. The class also worked on adapting a standard pattern in many different ways. In six adaptations every one is basically the same in construction but different in treatment. "Sonny," the laddie who is so interested in the textiles in the illustration, has a new brown suit that was made for him by one of the girls in the Children's Clothing class. It just matches his big brown eyes and it is trimmed with a commercially made braid. Machine stitching on the braid can hardly be detected from hand stitchery. The stitching is red and is matched by the buttons used down the front of the suit. Boys' suits are especially adapted to the use of these braids and bindings.

On their play clothes small girls may have braids and bindings like those on their brother's suits, but on their best dresses the stitchery must be done by hand. Lovely color harmonies may be worked out in soft yarns on various materials. The peasants of Hungary and Roumania did their bright stitcheries on heavy canvas but we take their motifs and embroider them on soft sheer fabrics and increase their loveliness a hundred-fold. Stitcheries are the vogue today for grown-ups as well as children but they are especially successful when used on children's clothing because the simplicity of construction does not take away from the beauty of the work. Chain stitch is very good and easy to use in interpreting motifs and the simple crew stitch is always a favorite because it is so easy to execute. Smocking has always been a favorite way of interpreting both decoration and fullness in children's clothing. The secret of these stitches is to do them in yarn. A fine, soft crewel wool can be obtained in a variety of colors in most stores. It is easy to work with and is a great improvement over the old embroidery thread we have used for so long.

Materials to use in interpreting children's clothing are easy to obtain and are very reasonable in price. There is a wide range of voiles on the market; every possible color can be procured and the prices range from twenty-nine to eighty-nine cents a yard. Prints are lovelier than ever this spring; there are many new small patterns that are excellent for children and all the fabrics are guaranteed not to fade. This is all-important when it is necessary to wash children's clothing so much. Every child needs at least three dresses for one day, so it is economical to make dresses from these inexpensive prints.

The color range of a child is just as important as the color range of an adult. By dressing your child in the right color and the suitable texture you are helping him get a foundation for a later appreciation of color and texture. The smallest child is vain; why not cater to his vanity by dressing him as he should be dressed? A fastidiously clothed person in later years will be the child whose clothing conforms to his color-texture reading.